

# EMOTIONS, RELATIONSHIPS AND HUMAN ADVANCEMENT

AUTHOR: SURESH MARAN  
INTRODUCTION TO THE BOOKSET  
VERSION 4.30

SCIENTIFIC RELATIONISM™ *SERIES*

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# **1 What is this book set all about?**

## **1.1 The Purpose of this book Set**

To simply put, this book set intends to help solve human problems. Solving human problems requires improving mental (intellectual, emotional, etc.) and relationship (human interaction) skills, as most human activities are mental and relationship activities. The purpose of this bookset is to provide a comprehensive analysis and discussion of human mind and relationships to tackle human problems. Let me discuss these statements further.

First, let us lay down the list of human problems that this bookset intends to tackle. People are dissatisfied with education, concerned with parenting methods, career, business and family issues. They are concerned with tremendous differences in the economic development and income throughout the world and within communities. Moreover, the rich nations suddenly suffer of economic depression and economic stagnations. We see a world plagued by personal, national and community conflicts. Global warming, environmental issues, inequality, poverty, crime, divorce, politics, drug abuse, violence, etc. – make us think about how to overcome these problems. This book set is motivated by the need to solve these human problems.

People have suffered through numerous such problems throughout history. The journey of humankind from its prehistoric roots to the modern world is a story of trials, tragedies, suffering and intermittent progress. We live in one of the best times in human history, with the world steadily undergoing economic development. Yet, much progress needs to be made. The listed problems and many other problems hassle both rich and poor<sup>1</sup> nations.

To solve these problems one needs to understand the activities involving these problems are essentially human mental and relationship

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<sup>1</sup> All nations in the world are always developing, including the richest nations. So, in this book set, I will use the words “developing nation” and “developed nation” based on a nation’s economic status at the beginning of the second millennium AD.

activities, as I have stated before. For example, parenting and education are relationship and mental activities. Economic activities are managed and executed by social and mental activities. Global warming and environmental issues are the issues of relationship of humans to nature. Similarly we can see that other activities are governed by relationship and mental activities. So solving people problems in all these activities requires comprehensive understanding of human mind and relationship phenomena for improving mental and relationship skills. Later we will see how this will be accomplished in this book.

## **1.2 Economy and Society**

One of the important issues we focus on this book is economic growth. We can roughly summarize economics as follows:

**Economics = Technology + Relationships**

Economic production is all about people getting together and working together to produce products and services using the available technology. In any economic activity, people, apart from manipulating the technological tools to produce products or provide services, rest is all relationship activity. So economic production depends very much on relationship activity.

Now-a-days technology is rapidly evolving. Innovation requires a relational environment which promotes creativity. Only few places in the world seem to have the proper social environment for innovation. Most places in the world rapidly assimilate technological innovations available. But,

**Technological skills themselves don't become good economics.**

The relational processes involved such as business team work, industry-consumer interaction, industry-government interaction, people-nature interaction, political processes, government-people interaction, and, advertisement and sales, etc., to promote effective production and utilization of services and products to improve overall quality of life in people, etc. are crucial. Also stock market investment and return depends so much on relationship processes. Managing environment-people relationships are important part of healthy economics.

Technology and relationship activity depends on mental processes. We see that economic growth, particularly in a way that it promotes quality of life depends on good mental and relationship processes. Healthy economics can also be considered as one that helps in long term survival and good emotional well-being. To accomplish a healthy economics or society, this book provides comprehensive analysis and discussion for proper understanding of mind and relationships, in this book set. We will discuss all factors discussed in the last paragraph throughout this book set.

### **1.3 Organization and Benefits of this bookset**

I have divided this book into three volumes with necessary discussion pursued in a systematic and continuous fashion. In the first volume, I focus on the human individual: I do in depth analysis and discussion of human mind and relationship phenomena to help understand people issues. In the second volume, I focus on the global human society: I do indepth analysis and discussion of human relational and economic evolution. Finally, in the third volume I introduce a systematic philosophical framework called scientific relationism to tackle human problems.

The abstract and benefits of each volume are as follows.

#### **1.3.1 Volume I. Human Mind and Relationships**

In this volume, I focus on the human individual and relationship phenomena between individuals. I discuss scientific discoveries regarding the function of human brain and how it relates to human behavior. I provide comprehensive study of human mind and relationships based on the latest scientific understandings of the human brain. I discuss how various human behaviors relate to different aspects of human mind.

I discuss different types of individuals based on their psychological and social makeup, and how the environment creates them. In this part, I only focus on individuals and interactions between them. I discuss the relationship phenomena during interaction between different types of individuals.

Benefits of this volume are as follows.

- Benefits of this knowledge are that it helps to understand how human mind influence a person in his day to day life. Through this they help us in decision making, planning and choosing actions.
- In parenting, it helps to understand how parents influence the personality of children. Using this they can tailor their parenting process to create future citizens who are talented and balanced both in intellectual and social skills to survive in future society.
- It helps in marriage and love to understand partner's wants, needs and mindset, so that they can develop stable relationships.
- It helps to understand various types of personalities and choose one's own action towards others to develop mutually beneficial relationships.
- All these are very beneficial in promoting one's career and, managing family and business affairs.

### **1.3.2 Volume II. Human Relational and Economic Evolution**

I discuss how economic evolution is intimately connected to relational aspects of human evolution. I discuss how diversity and tolerance are intimately connected to economic development. I discuss how failure in relational aspects brings negative economic effects on nations, states and communities throughout history. Particularly I discuss the topics of education, research and creativity in different parts of the world which are intimately connected to social and economic processes. Finally, I summarize the ideas from volume I and II.

Benefits of this volume are follows:

- It is helpful in designing national policies that promote social and economic advancement.
- It is helpful in creating helpful social environment that promotes economic advancement.
- It helps in tackling violence in community by addressing the social processes that leads to them.

- It helps organizations in managing internal and external affairs, and promoting customer relationships.
- It helps in improving educational policies.

### **1.3.3 Volume III. Scientific Relationism and the Future of Humanity**

In this volume, I propose the philosophy of scientific relationism. It is a framework of self and relationship principles designed based on the first two volumes to help maximize the performance of a society such as material, psychological quality of life, and long term survivability of human life. I discuss relationship principles for improving interpersonal relationships, organizations, community-individual relationships, family relationships, etc. I discuss problems in government, business and academia, and how to make progress in them. Finally, I list and discuss briefly the current critical problems in the world and ultimate goals for humanity to achieve.

## **1.4 Human Evolution and this book**

Human species have been living in this planet for quite a while. There are many proposals about how they came into existence. The famous Darwin's theory addresses the issue of the physical origin of human being on planet earth. Even though, Darwin's theory has been accepted as a scientific theory by scientific community, there are alternative theories such as creationism exists. There are also a vast majority of people who doesn't like or accept Darwin's theory or creationism, and take an intermediate stance, they believe in evolution guided through divine influence. Nevertheless, the purpose of this book is to discuss what happened after humanity physically emerged as the most dominant species on planet earth that can think and speak.

After Homo sapiens emerged as a group, its evolution was in the realm of social, political and economic activities, while its physical and genetic structure has remained quite stable, as indicated by archeological and genetic research. Humanity is being shaped through the interaction between these main components. We will see that solving problems in one component requires solving problems in the other components. In this book we will comprehensively analyze this evolution and come up

with ideas to improve the survivability of humanity, and, the material and psychological realm quality of life.

The general ideas for understanding human mind and relationship phenomena I propose are based on extensive research. This includes:

- Continuous and extensive interaction with people throughout the world for last twenty five years.
- Numerous insights and facts from modern scientific developments in areas such as neuroscience, history, archaeology, anthropology, sociology, psychology, management sciences, human evolution and geography;
- Extensive investigation in history, economics, and current events in international issues.

To help solve human problems, we explore the interconnection between social and economic processes discussed. In general I provide integrated comprehensive discussion of the social, economic, and historic phenomena in the world and the interactions between them. I discuss how these phenomena are intimately connected. I discuss the diversity of these factors around the world and their origin. We will see that these ideas give systematic framework for addressing and tackling many of the human problems.

Because of the wide variety of phenomena that this book intends to address, the discussions will be brief on each issue. Yet you will see how they all fit very well in simple and intuitive set of basic ideas.

## **1.5 RQ-TQ imbalanced evolution and Humanity**

### **1.5.1 Introduction**

Let me now discuss how to tackle what I call as the RQ-TQ imbalance problem, which I consider as the root cause of many major human problems throughout history and a threat to survival of humanity.

In spite of the positive factors that nations acquire when they get richer, technology and economy grow at a faster rate than the rate of growth in relationship factors. This imbalance in growth in technology

without compensating growth in relationships has led to many general and deeper problems. For example, family and social networks have weakened. They have problems in relating with each other in close relationships. This can be seen in high divorce rates. There is also increase in violence, drug abuse problems, teenage pregnancy, etc. I will discuss this imbalance in detail in this section. Throughout this book set, I will discuss how this problem may be the root cause of many or most major problems in the world, and provide necessary ideas to solve this problem.

From section 1.2 we see that healthy economics needs advancement in technology and relationships. In line with this, roughly, we can split IQ (intelligence quotient) into TQ (Technical Quotient) and RQ (Relational Quotient).

$$\text{IQ} = \text{TQ} + \text{RQ}$$

We can consider technical quotient TQ to be a hypothetical measurement of overall ability in technical aspects in any field without consideration to relational aspects; Good TQ makes people good in technological capabilities. Similarly let relationship quotient RQ is a hypothetical measurement of ability in managing relationships. For good RQ one needs understanding of human mind and skills in managing it. EQ (emotional intelligence quotient) that is popular now-a-days can be considered as a part of RQ. Usually only TQ is tested in standardized tests in schools, colleges and other recruitment agencies<sup>2</sup>.

When a nation develops in time, people become relationally better, and technologically better. However, the problem is that the technical ability in various fields (TQ) increases much faster than the ability to solve relationship problems (RQ). This is what I would like to refer to it as RQ-TQ imbalance problem. As we have seen in section 1.2 healthy economic activity depends on both social and technological (technical) activity: a specific effect of this imbalance is economic problems, because of lagging of RQ compared to TQ. Let me discuss the RQ-TQ imbalanced evolution in various contexts next, and explain why this imbalance is the greatest threat to the survival of humanity, explain the possible root cause of this problem based on brain science, and how this book set provides the necessary foundation to defeat it.

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<sup>2</sup> RQ and TQ need to be standardized, and further research need to done in this regard.

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### **1.5.2 RQ-TQ imbalance in Political-Economic History**

There is an important lesson to be learned from our human political history. Let's start from renaissance in Europe. Europe was making steady progress in technology. The progress in military, communication and navigational technology helped brought about colonialism. With advancing technology in Europe after the beginning of industrial revolution, political relationships did not show the same progress. There were frequent wars between European states with ever increasing sophistication in weapons. What we see is that advance in technology did not bring about progress in relationships. Same pattern is often repeated all over human history and in every part of the world.

As soon as industrial technological power strength builds up it is usually used for political power and warfare, bringing economic, social and psychological problems. We consider as these ill effects as due to low RQ and high TQ.

Ultimately, people do make progress in relationships. For example, Europe has become united as a union; most nations have their freedom from colonialism, and have become good trading partners with their former colonizing powers. So usually we see that progress have been made. But the pattern we need to see is that usually economic and technological power grows much faster than progress in national and international relationships.

We need to realize that the RQ-TQ imbalance in individuals influences overall national issues. A nation is made of individuals, so the problem at individual level must relate to that of the national level and vice versa. So addressing the RQ-TQ imbalance at national level means that it needs to be fixed at the individual level also. This book set has sufficient ideas to tackle this.

### **1.5.3 RQ-TQ imbalance and poverty**

*(This section is an extract from the first chapter of volume II)*

The major factor for poverty in many developing nations is population growth pattern. The population of developing nations had almost risen three times during the twentieth century; the significant part of the rise is during the second half of the century. To maintain the standard of living one must build schools, hospitals, roads, and other infrastructures, at the same rate to compensate for rising population. But these nations were already poor and illiterate. This means such compensating infrastructure cannot and had not been built, the result is the drastic reduction in the quality of life: overpopulation, lack of medical facilities, roads, electricity, poverty etc.

To understand the different pattern of population growth we need to understand what has been going on internally in the nations of the world. Major cause of drop in death rates during the 20th century all over the world is due to extraordinary advances in science and technology that gave new medicines. Some of this were the development of antibiotics, immunization, etc., which reduced both adult and infant death rates, all over the world. Important things to note is that these advances mostly happened in industrialized economies. This means industrialized economies were societies that were already advanced enough to invent these medicines. This implies such societies are modern similar to now, with both men and women well educated, with lots of working women. In such conditions we would expect low birth rate. Both industrialized and developing nations received knowledge of medicines that helped reduce death rate. Since the birth rates of developed nations were already low this did not cause much of a problem. But in case of developing nations, the birth rate was still high because of large rural population with highly traditional cultural values that is comfortable with having many children (4 or 5). The reduction in death rate but persisting high birth rate

resulted in high population growth, with many significant impacts on the society.

The birth rate in developing nations has been dropping but not fast enough. Almost all developing nations have adopted using technologies invented in the advanced developed world. This includes electronics, automobiles, including the medicinal advances that were responsible for reduction in death rate. What we see is that these nations have absorbed technologies faster, but the social advances need to reduce birth rate has happened slowly. In other words we have an imbalanced development: fast technological advance, but slow social changes, which is responsible for significant problem with poverty and low quality of life.

In today's world, the same TQ-RQ imbalance pattern is involved in poverty again. Even though, many of the developing nations are adopting modern methods such as free market capitalism, yet, the attitudes of people are still as those of an agricultural society. For example, in India, the majority of businesses are sole proprietorship with small number of employees or only with family members as workers. They lack skill and motivation to grow, compete, innovate or encourage these aspects in community. The relational values followed are that of family owned farming, with ultimate purpose of sustaining a family. This lack of skill and motivation for growth, results in lack of job creation, poor wages for employees, low production, ultimately resulting in continued existence of poverty. Yet, they often own modern equipment's such as latest mobile phones, computers, internet, homes built with modern architecture, etc. We see that the TQ factor has evolved over time but the RQ factor has not.

One of the major factors relating to RQ-TQ imbalance is how people are trained in education. Most countries in the world, particularly developing countries, give more importance to technological education rather than those related to RQ such as behavioral sciences, management, sociology, economics, team and entrepreneurship skills, etc. The consequence is that new graduates are not able to convert their skill into business skills, failing to create employment and manufacturing. Result is continuing poverty, unemployment, inflation, etc.

#### **1.5.4 Importance of tackling RQ-TQ imbalanced evolution problem**

Nations military power has been growing continuously throughout history. Now mankind has enough power to destroy the entire species, yet major powers in the world don't have healthy relations among them. Humanity has the power to destroy the planet by abuse of technology or weapons. Technology will replace manual labor, and even many white collar jobs through development in artificial intelligence, jobs that will be relevant are those that depend in RQ.

Even though the overall RQ factor is improving, the TQ factor is increasing much faster as we can obviously observe around world. This is a great threat to human survival. Until now the Academia has always focused on TQ. Hereafter we need to focus on RQ and it should be given primary importance. So this book aims to use new models of mind and relationships based on latest development in brain science to understand relationship issues and come up with solutions to improve RQ.

#### **1.5.5 RQ-TQ imbalance is worsened by current education methods**

During the last sixteen years, I observed numerous problems that were hindering scientific research. I have met students and researchers from the top institutes throughout the world. I have personally interacted with them. I repeatedly noticed in spite of their intellectual talents, they often had relationship problems much like normal people and sometimes very worse. This clearly indicates the severity of RQ-TQ imbalance in education throughout the world. This can be easily understood as problem with education itself. Like how I pointed out before in the context of poverty in section 1.5.3, academic institutions give most importance to skills necessary for learning, applying and innovating technology, ignoring education in relationships, management, teamwork, etc. There is no surprise that this will promote RQ-TQ imbalanced evolution. If we want to change the way people are educated to solve the RQ-TQ imbalance, we need to understand the science behind these phenomena, which we will discuss next.

#### **1.5.6 RQ-TQ imbalance as a limitation of human brain**

In this book set we will systematically discuss how human mind/brain functions in relationships. But let me give a simple explanation of how human brain architecture leads to the RQ-TQ

imbalanced evolution. The brain of living being has been organized inside out with humans having the most advanced outer layer referred to as the neocortex that helps in higher thinking process. The outer layers, particularly the well-developed prefrontal cortex, are responsible for our ability to think and learn. These are very flexible, so learn and adapt quickly. But the inner layers, which significantly govern our emotional behavior and relationship manners, are rigid. They rapidly learn from the environment when we are young, and hard to change as we grow older, but continuously influence everything we do. For example, we in a multistore building, new stores can be only built on top, and the bottom layers are difficult to alter. This is the origin of the RQ-TQ imbalanced evolution: TQ is determined by the outer layers of human brain which are flexible and so evolve faster. RQ is determined by the inner layers which are rigid and so evolve slower, taking generations for even small improvement.

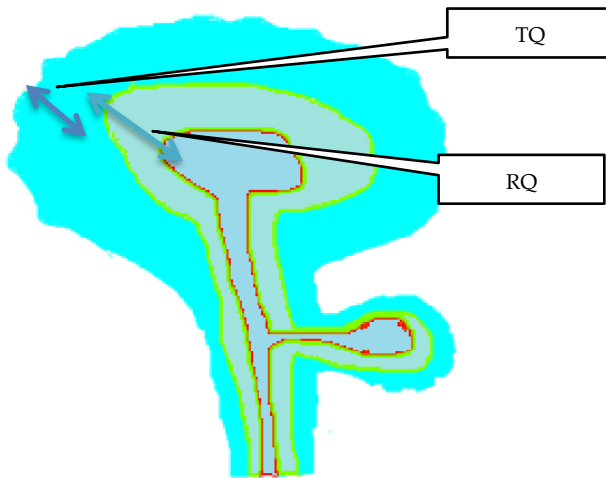


Figure 1.1: **Human Brain and RQ –TQ imbalanced evolution based on triune brain theory.** The inner layers important for RQ are rigid and outer layers important for TQ are flexible. So RQ tend to lag behind TQ, causing major problems in the world. Fixing this requires the knowledge of functioning of human mind and the skills to

Tackling RQ-TQ imbalanced evolution, involves understanding how the various layers of human brain functions, how the inner layers of brain get wired in childhood, and how they interact with outer layers

influencing our ideas and behavior. In other words, tackling RQ-TQ imbalance requires understanding one's mind. Having good knowledge of this helps offset the problem discussed in last paragraph. This book goes in detail in explaining the necessary ideas to understand functioning of human mind, including interaction between various layers of mind and will help in increasing RQ.

### **1.6 Who is this book written for?**

I have written this book with international readership in mind, so that people groups around the world can benefit by it. Some ideas in this book may be obvious to people of some nations or groups in the world, but completely new to others.

Importantly, I have addressed this book to educators, scientists, community planners, political leaders, and peace activists, social workers, who are looking for answers to solve human problems and improve human condition.

### **1.7 How to read this book**

The subject of this book is the reader himself and his relationship to others. This means the reader's attitudes and preconceptions will affect how this book is understood. So the reader first needs to understand himself, using the ideas in the first volume, before trying to understand the world around him. To get the best benefit from this book it is very important the reader reflect upon himself, his instincts, emotions, attitudes and ideas about other people. Isolate these, make them the subject of analysis, using the ideas in the first volume of the book and evolve a super consciousness regarding one's relationship to others. I have arranged the topics of this book so that all the ideas flow from one to another in a systematic manner in a logical and intuitive fashion. So it is preferable to read this book like a novel along the order in which it is organized.

### **1.8 How you benefit from this book?**

Having a good relationship means different things to different people. You may be a good person, with a good family and success in career. Still you may have relationship problems in an objective sense, in a

broader context, or in deeper issues. This may be limiting you. This book helps to understand oneself and other people, and relationship phenomena. I explain how a person's mental and relationship aspects are deeply connected to social, political and economic aspects of the groups such as local community and nation they are part of. I discuss wide variety of topics to help improve people's social and psychological wellbeing, so that it is conducive to peace and prosperity of oneself and one's community.

## **1.9 How I wrote this book**

I grew in India in a middle class family. Because of my deep interest in physics, even before finishing my high school I have learned so much that I could have passed a physics PhD qualifying exam. Due to the social pressure in India, my undergraduate education was in Electronics and Communication Engineering. However, I did Master and doctoral degrees in physics in the USA. During these periods I continuously observed that relationship and psychological issues deeply influence development of science and technology and their application to solve human problems.

Because of my diverse background -- my living in two nations (USA and India) with different culture, economy, academic culture, and due to my sensitive mental makeup, and also because of my interest in diverse fields, I was able to make very important critical observations. Moving from one social environment to a quite different environment (US vs. India) in a different relational-economic setting gave me deep insights into people, relationship phenomena and socio-economic issues. Finally I invested about ten years of efforts to understand these insights learning and researching latest developments in variety of subjects that comes under social sciences and humanities. Eventually, the synthesis and analysis of the collections of events, observations about people and educational issues, experiences in physics research, and ideas from neuroscience, history, and other fields listed in section (I.3), brought me sufficient information and understanding to convince myself to write this book.

Initially, I started this book as a study relating relationship issues to creativity, innovation and economic success both at individual and global

level. But I kept exploring and researching for deeper understanding. I have to rewrite this book three times during a course of eight years. Ultimately this book evolved into comprehensive and systematic discussion of human mind, relationships, human relational-economic evolution, and scientific relationism.

### **1.10 Relation to other peoples work**

During writing this book I extensively reviewed related works done by other researchers and authors. I find the work in the book clearly consistent with most others who have tried to understand the economic and relational-cultural differences in the world. I have included and referenced the works of the many other experts wherever I could in this book. A website has been setup for discussing the ideas in this book set. It can be accessed at [www.scientificrelationism.com](http://www.scientificrelationism.com).

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